

HART HOUSE

UNIVERSITY OF TORONTO

PERSONAL FITNESS SERVICES

Hart House

The following information will assist you in booking an Individual Consultation or Personal Training.

How do I book an Individual Consultation, a Fitness Assessment or Personal Training?

Please complete the attached forms and ensure that all questions are answered.

What do I do with the forms?

Present your completed forms to staff at The HUB.

Payment in the form of cash, cheque, credit card or debit card will be accepted.

General Information

Each session will begin with an initial consultation of your needs, interests and goals. Each Personal Training session or consultation will be 55 minutes in length. .

What do I wear?

Please be changed and ready to participate wearing shorts and a T-shirt, or workout attire, and comfortable training shoes for your scheduled appointment.

Where do I meet my Personal Trainer / Appraiser / Consultant?

On your initial visit, meet at the bench across from the Athletics Reception Desk.

What is the cancellation policy?

If it is necessary to change your appointment, please contact The HUB at 416.978.2447 at least 24 hours before your scheduled appointment. If you have a Personal Trainer please contact the Trainer directly. If cancellation takes place within 24 hours or you do not show up for the appointment, you will be charged the full rate for the missed appointment.

Please contact The HUB at 416.978.2452 if you have additional questions.

HART HOUSE

UNIVERSITY OF TORONTO

LIFESTYLE QUESTIONNAIRE

For Office Use Only:

With: _____

Date: _____ Time: _____

Staff Please Circle One:

Individual Consultation Personal Training

Last Name: _____ First Name: _____
(Please Print)

Address: _____
Street City Postal Code

Telephone: Res: _____ Bus: _____ Type of Membership _____

DOB: _____ Sex: _____ Height: _____ Weight: _____
(Day/Month/Year)

In case of emergency, please contact: _____

Phone # _____ Relationship: _____

Family Doctor: _____
Name Telephone

_____ *Address*

Have you visited your physician in the last year? Yes No

Has your doctor restricted you from any physical activity? Yes No

If yes, specify: _____

Occupation: _____

With respect to physical activity how would you classify your work?
 Sedentary Light o Reasonably Active Very Active

How would you describe your present level of fitness?
 Excellent Good o Fair Poor

How often do you partake in physical activity?
 5 - 7 times/week 3 - 4 times/week 1 - 2 times/week
 Monthly Occasionally Never

What exercises (activities or sports) are you doing now?
Activities Times/Week

(Please turn over)

What activities would you prefer to avoid? _____

Exercise Objectives: Relax, have fun Lose Weight
Gain weight Improve general fitness
Reduce tension Strengthen muscles
Increase flexibility Increase cardiovascular endurance
Tone muscles Improve posture

Do you eat three meals a day? Yes No Usually
Do you skip breakfast? Yes No Usually
Do you salt your foods? Yes No Usually
Are you presently on a diet? Yes No Usually
If so, why? _____

Do you drink alcohol? Never Occasionally Monthly Weekly Daily
Do you drink coffee, tea or cola? Yes No Usually
If so, how much? Coffee ___/day Tea ___/day Cola ___/day
Do you smoke? Never ___/day

How would you describe your present state of health?
Excellent Good or Fair Poor

Are you presently taking any prescription drugs? Yes No
If so, please specify: Name: _____ Dosage: _____

Side effects (if any): _____

Do you experience any of the following?

Joint Pain	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Tendon pain	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Muscle pain	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Abdominal pain	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Knee pain	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Lower back pain	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Neck pain	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Shoulder pain	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Shortness of breath	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Asthma	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Diabetes	Yes <input type="checkbox"/>	No <input type="checkbox"/>	High Blood Pressure	Yes <input type="checkbox"/>	No <input type="checkbox"/>

Frequent headaches requiring treatment Yes No

Other difficulties (please specify) _____

If you answered yes to any of the above, please specify:

Are you undergoing treatment from any of the following:
Physiotherapy Chiropractor Massage Therapist

If so, please indicate your injury: _____ You may be required to obtain medical authorization to proceed.

Have you had major surgery in the last 10 years? Yes No

If yes, please specify: _____

PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of <u>any other reason</u> why you should not do physical activity?

If
you
answered

YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME _____

SIGNATURE _____

SIGNATURE OF PARENT _____

or GUARDIAN (for participants under the age of majority)

DATE _____

WITNESS _____

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.



PAR-Q & YOU

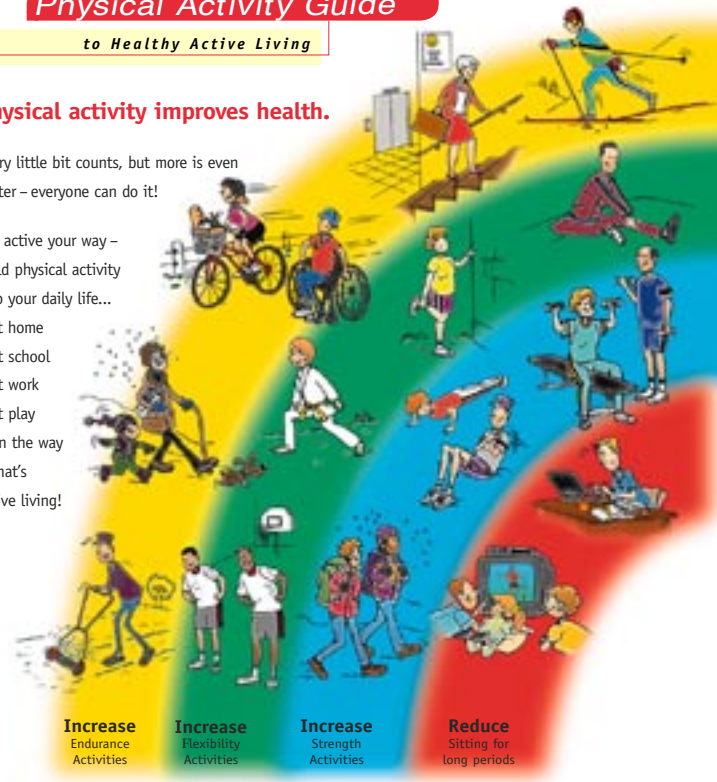
CANADA'S  **Physical Activity Guide**
to Healthy Active Living

Physical activity improves health.

Every little bit counts, but more is even better – everyone can do it!

Get active your way – build physical activity into your daily life...

- at home
 - at school
 - at work
 - at play
 - on the way
- ...that's active living!



- Increase** Endurance Activities
- Increase** Flexibility Activities
- Increase** Strength Activities
- Reduce** Sitting for long periods

Choose a variety of activities from these three groups:

Endurance
4-7 days a week
Continuous activities for your heart, lungs and circulatory system.

Flexibility
4-7 days a week
Gentle reaching, bending and stretching activities to keep your muscles relaxed and joints mobile.

Strength
2-4 days a week
Activities against resistance to strengthen muscles and bones and improve posture.

Starting slowly is very safe for most people. Not sure? Consult your health professional.

For a copy of the *Guide Handbook* and more information: **1-888-334-9769**, or www.paguide.com

Eating well is also important. Follow *Canada's Food Guide to Healthy Eating* to make wise food choices.

Get Active Your Way, Every Day – For Life!

Scientists say accumulate 60 minutes of physical activity every day to stay healthy or improve your health. As you progress to moderate activities you can cut down to 30 minutes, 4 days a week. Add-up your activities in periods of at least 10 minutes each. Start slowly... and build up.

Time needed depends on effort				
Very Light Effort	Light Effort	Moderate Effort	Vigorous Effort	Maximum Effort
• Strolling • Dusting	60 minutes • Light walking • Volleyball • Easy gardening • Stretching	30-60 minutes • Brisk walking • Biking • Raking leaves • Swimming • Dancing • Water aerobics	20-30 minutes • Aerobics • Jogging • Hockey • Basketball • Fast swimming • Fast dancing	• Sprinting • Racing
Range needed to stay healthy				

You Can Do It – Getting started is easier than you think

Physical activity doesn't have to be very hard. Build physical activities into your daily routine.

- Walk whenever you can – get off the bus early, use the stairs instead of the elevator.
- Reduce inactivity for long periods, like watching TV.
- Get up from the couch and stretch and bend for a few minutes every hour.
- Play actively with your kids.
- Choose to walk, wheel or cycle for short trips.
- Start with a 10 minute walk – gradually increase the time.
- Find out about walking and cycling paths nearby and use them.
- Observe a physical activity class to see if you want to try it.
- Try one class to start – you don't have to make a long-term commitment.
- Do the activities you are doing now, more often.

Benefits of regular activity: Health risks of inactivity:

- | | |
|--|--|
| <ul style="list-style-type: none"> • better health • improved fitness • better posture and balance • better self-esteem • weight control • stronger muscles and bones • feeling more energetic • relaxation and reduced stress • continued independent living in later life | <ul style="list-style-type: none"> • premature death • heart disease • obesity • high blood pressure • adult-onset diabetes • osteoporosis • stroke • depression • colon cancer |
|--|--|

Source: Canada's Physical Activity Guide to Healthy Active Living, Health Canada, 1998 <http://www.hc-sc.gc.ca/hppb/paguide/pdf/guideEng.pdf>

© Reproduced with permission from the Minister of Public Works and Government Services Canada, 2002.

FITNESS AND HEALTH PROFESSIONALS MAY BE INTERESTED IN THE INFORMATION BELOW:

The following companion forms are available for doctors' use by contacting the Canadian Society for Exercise Physiology (address below):

The **Physical Activity Readiness Medical Examination (PARmed-X)** – to be used by doctors with people who answer YES to one or more questions on the PAR-Q.

The **Physical Activity Readiness Medical Examination for Pregnancy (PARmed-X for Pregnancy)** – to be used by doctors with pregnant patients who wish to become more active.

References:

Arraix, G.A., Wigle, D.T., Mao, Y. (1992). Risk Assessment of Physical Activity and Physical Fitness in the Canada Health Survey Follow-Up Study. *J. Clin. Epidemiol.* 45:4 419-428.

Mottola, M., Wolfe, L.A. (1994). Active Living and Pregnancy. In: A. Quinney, L. Gauvin, T. Wall (eds.), **Toward Active Living: Proceedings of the International Conference on Physical Activity, Fitness and Health**. Champaign, IL: Human Kinetics.

PAR-Q Validation Report, British Columbia Ministry of Health, 1978.

Thomas, S., Reading, J., Shephard, R.J. (1992). Revision of the Physical Activity Readiness Questionnaire (PAR-Q). *Can. J. Spt. Sci.* 17:4 338-345.

For more information, please contact the:

Canadian Society for Exercise Physiology
202-185 Somerset Street West
Ottawa, ON K2P 0J2
Tel. 1-877-651-3755 • FAX (613) 234-3565
Online: www.csep.ca

The original PAR-Q was developed by the British Columbia Ministry of Health. It has been revised by an Expert Advisory Committee of the Canadian Society for Exercise Physiology chaired by Dr. N. Gledhill (2002).

Disponible en français sous le titre «Questionnaire sur l'aptitude à l'activité physique - Q-AAP (révisé 2002)».

HART HOUSE

UNIVERSITY OF TORONTO

Informed Consent & Service Agreement

Individual Consultation

You will be given an orientation on the technique and the appropriate reps, sets and weights for your goals on one or more of the following:

- free weights
- Nautilus weight machines
- Hammer Strength equipment

Personal Training

The session includes the following services:

- Initial counselling discussing your goals, interests, needs and medical history.
- Lifestyle counselling (review of what you are doing now for physical activity and what is the most effective program design for your personal training sessions).
- Program design (each personal training session will be a combination of one or more of the following components; cardiovascular training, muscle strength and endurance training, flexibility training).
- Modes of training (your personal trainer will choose the most effective mode of training and use of equipment based on your needs and goals).
- Throughout your sessions you will have the opportunity to ask your personal trainer about facts, fallacies and controversial issues pertaining to exercise and program design.

Date

Signature of Applicant

Name of Trainer or Consultant

Signature of Trainer or Consultant